

We recommend that you consult your physician before beginning any exercise program. Please bring your own water bottle to all walks.

Transportation is provided to and from walk sites, departing from the Wyoming Senior Center at 8:45 a.m. sharp each Wednesday.

In case of inclement weather, walks are moved to Rivertown Mall. Call Parks & Recreation Cancellation Hotline at (616) 530-3187 or check our Facebook page for the latest updates.



Wyoming Senior Center

2380 DeHoop SW

Wyoming, MI 49509

616-530-3190

[mywsc@wyomingmi.gov](mailto:mywsc@wyomingmi.gov)

[Facebook.com/wyomingseniorcenter](https://www.facebook.com/wyomingseniorcenter)

***Check out your Walk Club standings at:***

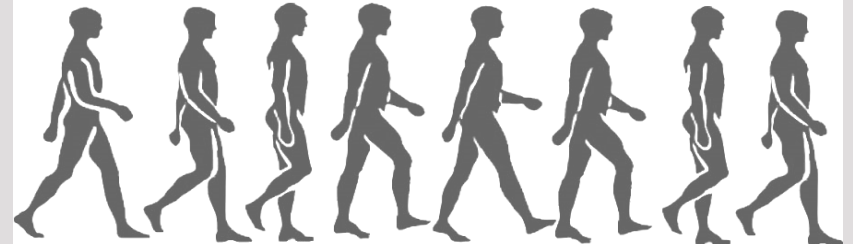
***[http://wyomingmi.gov/parksrec/WSC\\_WalkClub.asp](http://wyomingmi.gov/parksrec/WSC_WalkClub.asp)***

Wyoming Senior Center



2016

# Walk Club



Exploring Area Parks & Trails

Active Fitness Group for People 50+

April 20 Pinery Park  
2380 DeHoop SW, Meet at WSC

April 27 Kent Trails, Byron Center Trail Head  
2619 84th Street (parking lot)

May 4 Grand Rapids Township Park  
1836 East Beltline Ave NE

May 11 Hager Park  
8134 - 28th Ave, Jenison

May 18 Millennium Park  
1415 Maynard Ave SW

May 25 Reeds Lake Trail  
John Collins Park, 650 Lakeside Dr., East GR

June 1 Riverside Park  
2001 Monroe Ave NW

June 8 Caledonia Lakeside Park  
370 North Lake Street

June 15  Stagecoach Park - (late return)  
Adjacent to Middleville Village Hall

June 22 Lemery Park  
4050 Byron Center Ave SW

June 29 Walker City Hall  
4151 Remembrance Road NW

July 6  Downtown Grand Rapids  
Meet at Burger King on Pearl St

July 13 Buck Creek - Grandville  
Wedgwood Park, 3301 Wilson Ave

July 20 Brewer Park  
399 84th Street SW, Byron Center

July 27 Palmer Park  
1275 52nd Street SW

August 3 Grand River Park  
9473 28th Ave., Jenison

August 10 Prairie Wolf Park  
8555 Kalamazoo, Caledonia

August 17 Ada Township Park  
1180 Buttrick Ave. SE, near Grand River Dr.

August 24  White Pine Trail Rockford  
Downtown Rockford

August 31 Plaster Creek Trail  
Ken-O-Sha Park, 1353 Van Auken SE

Sept. 7 Douglas Walker Park  
1195 - 84th St

Sept. 14 Open for Rained Out Walk

Sept. 21 Ideal Park  
5843 Crippen Ave. SW

 Coffee Stop after Walk at your expense

Join us at the WSC Conference Room for social time after all walks (beverages may be purchased at the WSC coffee shop)